



FOR IMMEDIATE RELEASE – September 10, 2012

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SYRACUSE, NY — Onondaga County Executive Joanie Mahoney and Syracuse Mayor Stephanie Miner have issued a joint proclamation declaring Monday, September 10, 2012 Move it Monday Day.

The proclamation also kicks off a new series of mile-long walking loops located in city and county parks, connecting City Hall to the County Office Building in downtown Syracuse, and on the campuses of SUNY Upstate Medical University and Syracuse University.

Mayor Miner and Deputy County Executive for Human Services Ann Rooney will present the proclamation on September 10 in front of the trail beginning at City Hall and will be joined by other city and county officials as they walked the one mile trail through downtown.

The loops are marked with “Monday Mile” signage, making it easy for people to find and follow these routes to better health.

“The signage is a wonderful addition to our city parks, marking off what for most people will be an easy-but-healthful 30-minute workout,” Mayor Stephanie Miner said of the signs being installed at Thornden, Burnet and Upper Onondaga parks. “The route downtown will also be great, especially for workers and downtown residents. It helps emphasize that walking is a great way to get around center city Syracuse, and it’s good for you, too.”

The county park loops are at Beaver Lake Nature Center, Highland Forest, Jamesville Beach and Onondaga Lake Park.

“The park loops will encourage new people to come to our parks to walk and inspire those already getting their exercise in the county parks,” County Executive Joanie Mahoney said. “The mile distance is long enough to provide health benefits and short enough that it should be easy for almost everyone to participate.”

The science backs Mahoney on that claim, said SUNY Upstate President Dr. David Smith. “The weekly exercise recommendation for adults is 150 minutes a week,” Dr. Smith said. “Break that down to just 5 days a week— that’s only 30 minutes—about the time it would take you to walk a mile. You don’t need a gym or work out attire to take this nearby walk to better health.”

The signs were designed by students and staff who are part of the Healthy Monday Syracuse team at Syracuse University. Healthy Monday is the umbrella term for a collection of national public health campaigns that focus on reducing chronic, *preventable* diseases such as heart attack



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and stroke by getting people to exercise more, stop smoking and cut back on eating animal fat. The campaigns include Move it Monday, Meatless Monday and Quit & Stay Quit Monday.

The signage was also paid for by Healthy Monday Syracuse, which was made possible by the generous support of its benefactor, Syracuse University alum Sid Lerner ('53), who founded the Monday Campaigns, and his wife, Helaine.

“Sid and Helaine have supported and developed a public health tool of remarkable power through the Monday Campaigns,” Syracuse University Chancellor Nancy Cantor said. “The campaigns are active in dozens of countries, and it’s critical that the campaigns have that impact right here in Syracuse and Onondaga County. The Monday Mile loops and other accomplishments of the Healthy Monday Syracuse team – which is based out of the Lerner Center for Public Health Promotion at the Maxwell School – go a long way toward realizing that goal.”

Facts about Healthy Monday, Move it Monday and Monday Mile

- Healthy Monday is a national initiative to help end chronic preventable diseases by offering weekly prompts and programs to support people and participating organizations in starting and sustaining healthy behaviors.
- People tend to choose Monday more than any other day of the week to start diets, exercising, quit smoking, and make doctor appointments.
- The Healthy Monday Syracuse campaign, run locally by the Lerner Center for Public Health Promotion at the Maxwell School of Syracuse University, wants to make our community healthier!
- Healthy Monday Syracuse supports physical activity and nutrition efforts in our local community, by way of collaborative programming and raising awareness through social media efforts.
- Move it Monday and the Monday Mile encourage people to start or increase physical activity—it’s good for the heart and mind!
- The Monday Miles in the City of Syracuse and Onondaga County allow people to be active near work, their homes, and to enjoy the local parks.
- The Monday Miles encourage people to move! Moving for 30 minutes a day has numerous health benefits and can be as simple as walking.
- Together, we can keep up the good health and make Mondays the day all health breaks loose!



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Monday Mile Signed Routes

City Parks

1. Thornden Park
2. Burnet Park
3. Upper Onondaga

County Parks

- Onondaga Lake Park
- Beaver Lake Nature Center
- Highland Forest
- Jamesville Beach

There are also loops on the SUNY Upstate and Syracuse University campuses, as well as a route connecting Syracuse City Hall to the County Office Building in downtown Syracuse.

For more information about Healthy Monday Syracuse, visit <http://healthymonday.syr.edu>.

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